



## **Bed Bug Information Sheet for Parents**



Bed bug



Life Cycle



Mattress



Bite

### **WHAT YOU CAN DO**

1. Get rid of clutter
2. Vacuum frequently including mattresses  
And furniture
3. Steam clean
4. Seal cracks
5. Use zippered mattress covers
6. Wash/dry clothes and linens on the highest  
heat that the fabric can stand for 60mins
7. Anything that cannot be washed should be  
dried on high heat for 20-30mins
8. Place clothes in dryer for 30-45mins, place  
in sealed bag and do not put clothes on  
until ready to leave home
9. Inform your child's school

### **OTHER SIGNS OF INFESTATION**

1. Presence of live bugs
2. Dark, rusty colored droppings
3. Blood stains from crushed bugs
4. Presence of eggs or casings
5. Offensive, sweet musty odor

**Get professional help. You CANNOT get rid of bed bugs by yourself!**